

White River Junction District Office

2014 Behavioral Risk Factor Surveillance System Data

Guidance • Support • Prevention • Protection

VDH – Public Health Statistics
May 2016

 **VERMONT**
DEPARTMENT OF HEALTH

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What is the Behavioral Risk Factor Surveillance System or BRFSS?

The Behavioral Risk Factor Surveillance System (BRFSS) is a telephone survey conducted annually among adults 18 and older. The Vermont BRFSS is conducted by the Vermont Department of Health (VDH) in collaboration with the Centers for Disease Control and Prevention (CDC). All U.S. states, Washington D.C. and several U.S. territories participate in the survey.

Typically between 6,000 and 7,000 Vermont adults are interviewed as part of the Vermont BRFSS each year. Vermont residents ages 18 and older are eligible for the survey. A Vermont resident is defined as someone living in the state for at least 30 days in a given calendar year. Adults living in institutions such as nursing homes, group homes, or prisons are not eligible for the survey.

The BRFSS survey includes questions on chronic disease prevalence (e.g. asthma diagnosis), risk behaviors (e.g. currently smoke), demographics (e.g. age, gender, race), health care access (e.g. have health insurance), and preventive behaviors and health screening (e.g. routine visits to a doctor or colorectal cancer screening).

Additional information can be found on the VDH and CDC websites:

- <http://healthvermont.gov/research/brfss.aspx>
- <http://www.cdc.gov/brfss/>

A report summarizing the 2014 statewide results from the Vermont BRFSS can also be found on the VDH website:

http://healthvermont.gov/research/brfss/documents/summary_brfss_2014.pdf

Recent Changes to BRFSS Methodology

In 2011, the CDC implemented changes to the BRFSS weighting methodology in order to more accurately represent the adult population. Population weights are now calculated using iterative proportional fitting (or “raking”) methodology. This allows the weights to be calculated using smaller sample sizes, adjusts for more demographic variables, and incorporates cell phone interview data into estimates.

While these adjustments make the calculations more representative of the population, the changes in methodology also limit the ability to compare 2011 results to previous years. VDH's Center for Health Statistics recommends that comparisons between 2011 BRFSS data and earlier years be made with caution. Statistical differences between 2011 and earlier years may be due to methodological changes, rather than changes in opinion or behavior.

Demographics of White River Junction District Office*

The next few pages describe the demographic makeup of White River Junction area adults in 2013-2014.

Slightly more than half (52%) of White River Junction adults are female. Two-thirds of adults in White River Junction area residents are 25-64, with about a quarter (24%) ages 65 and older.

- White River Junction area adults are significantly more likely to be 45-64 compared to Vermont adults overall (43% vs. 37%).

More than a third (36%) of White River Junction area adults have a high school degree or less. Thirty-six percent also have a college degree or higher, while 28% have some college education.

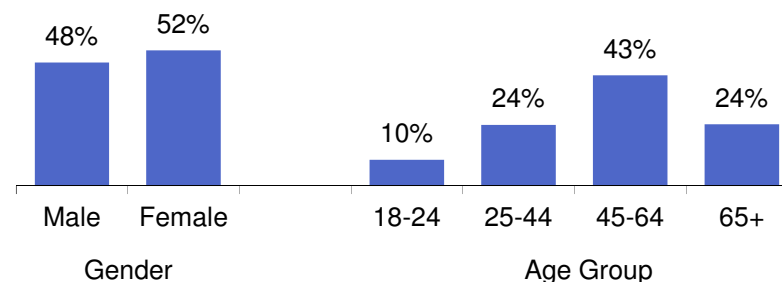
- White River Junction area adults are significantly more likely to have a college degree or higher than Vermont adults overall (36% vs. 32%)

Half (51%) of White River Junction area adults live in a home making \$50,000 or more annually. About a quarter each live in homes making \$25,000-\$49,999 annually (27%) and less than \$25,000 a year (23%).

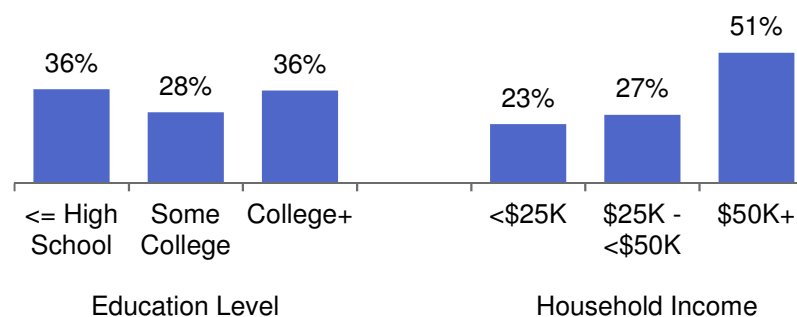
- There are no statistical differences between White River Junction adults and Vermont adults overall by annual income level.

Five percent of adults in the White River Junction area report being a racial or ethnic minority. This is statistically similar to the six percent reported among Vermont adults overall.

**White River Junction Residents
by Gender and Age**



**White River Junction Residents
by Education & Income Level**



*See page 31 for a list of the towns included in the White River Junction Health District.

Demographics of White River Junction District Office

Less than two-thirds (63%) of White River Junction adult residents are currently employed, and about two in ten (18%) are retired. Ten percent said they are a student or homemaker, and five percent or less said they are unemployed or unable to work.

- White River Junction area adults reported a similar employment distribution to Vermont adults overall.

More than half of White River Junction adults are married (54%). Slightly less than two in ten (18%) have never married, while sixteen percent are divorced. Seven percent or less are widowed or part of an unmarried couple (5%).

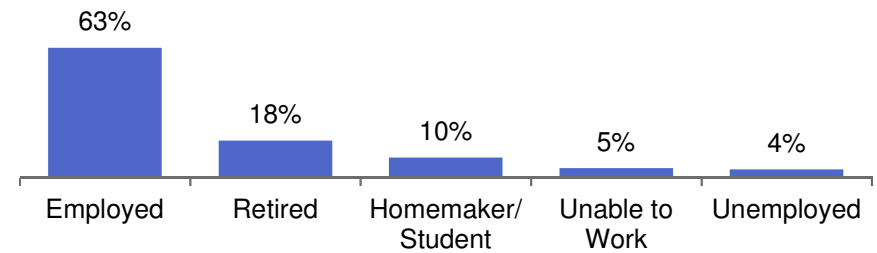
- Adults in the White River Junction area reported a similar marital status distribution, as compared with Vermont adults overall.

Seven in ten (71%) adults in the White River Junction area said there are no children less than 18 in their home.

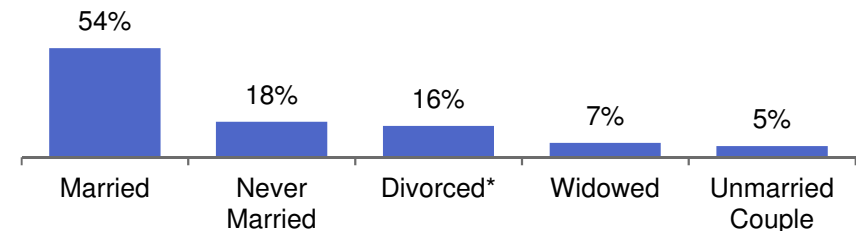
Thirteen percent each reported one child while five percent have three or more children in their home.

- The number of children in the home reported by White River Junction area adults was similar to that for Vermont overall.

**White River Junction Residents
by Employment Status**

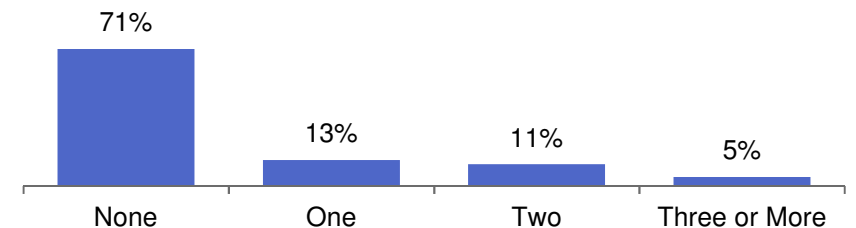


**White River Junction Residents
by Marital Status**



*Includes those who reported their marital status as divorced or separated.

**White River Junction Residents
by Children in Household**



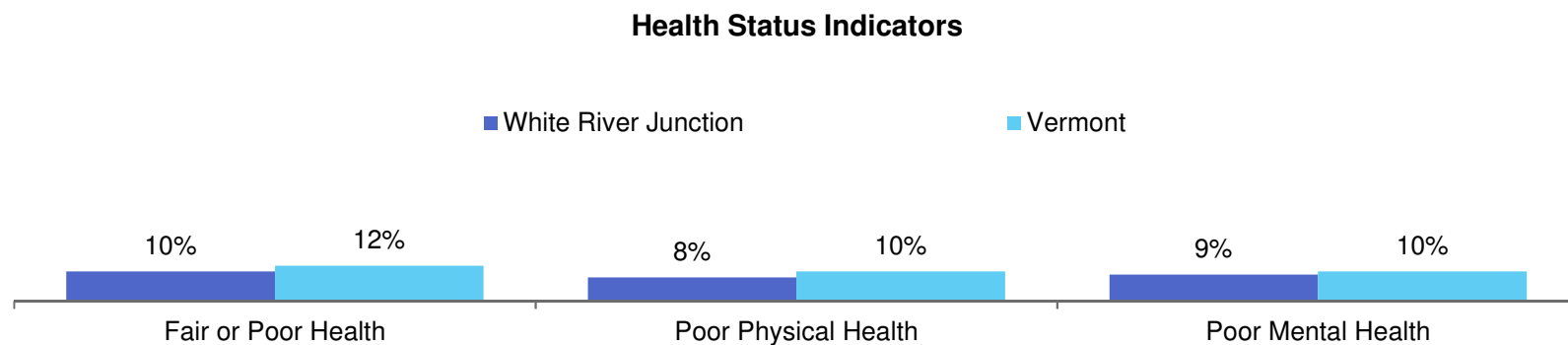
Health Status Indicators

In 2013-2014, one in ten (10%) White River Junction area adults reported fair or poor general health. One in twelve (8%) reported having poor physical health while nine percent had poor mental health.

- Poor mental and physical health were defined as 14 or more days of poor mental/physical health in the last month.

There are no significant differences in health status, regardless of the measure, when comparing White River Junction area adults and Vermont adults overall.

Among adults in the White River Junction area, health status indicators have not changed significantly since 2011. See Appendix A for results over time.



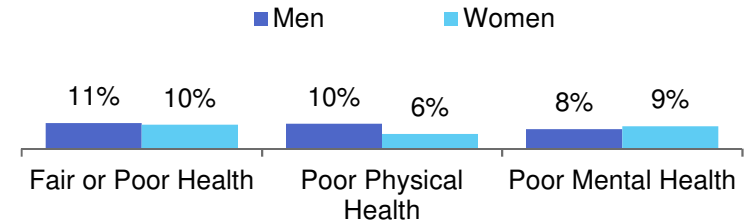
Health Status Indicators

Rates of fair or poor general health, poor physical health, and poor mental health among White River Junction area adults do not differ significantly by gender or age.

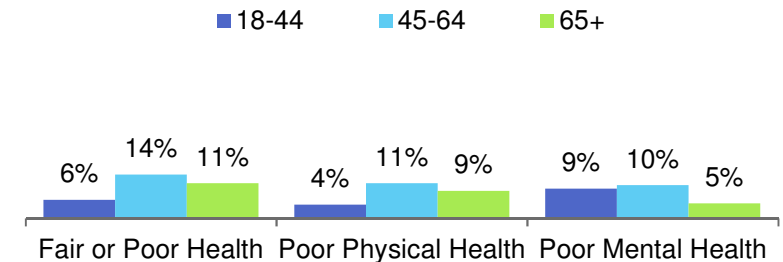
Among White River Junction area adults, reported poor general health decreases with increasing household income.

- Adults in homes that make at least \$50,000 annually are significantly less likely to report fair or poor general health compared to adults with less income.
- Similarly, adults in homes making \$50,000 or more per year are significantly less likely to report poor physical health as compared with those in homes that make less than \$25,000 annually.
- There are no statistical differences in poor mental health by annual household income level.

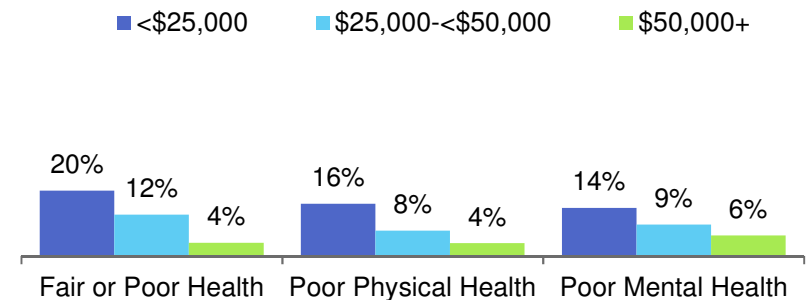
Health Status Indicators by Gender
White River Junction Adults



Health Status Indicators by Age



Health Status Indicators by Income Level

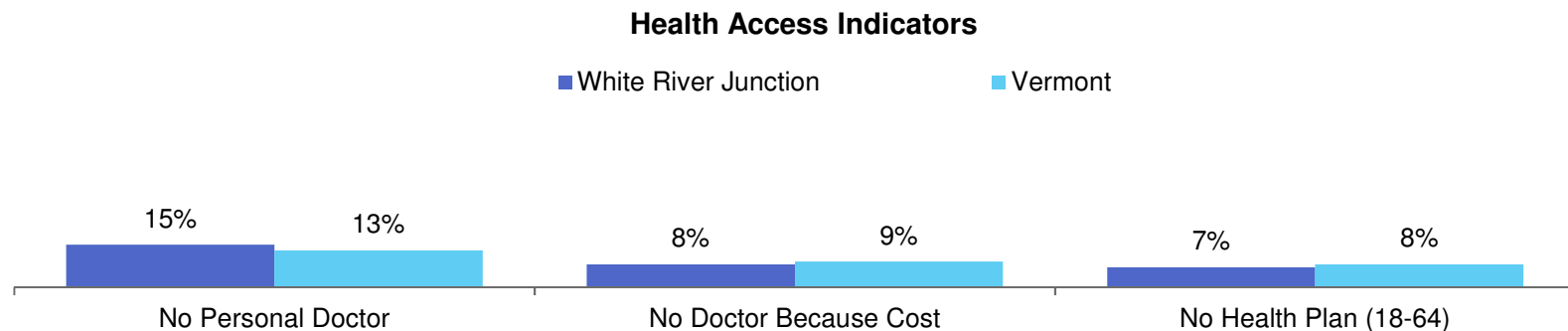


Health Access Indicators

In 2013-2014, one in seven (15%) adults in the White River Junction area said they do not have a personal doctor for health care. Fewer, one in twelve (8%) said they needed care in the last year but did not seek it due to the cost. Among White River Junction area adults ages 18-64, ten percent said they do not have health insurance.

There are no differences in health care access, regardless of the measure, when comparing White River Junction area adults and Vermonters overall.

Additionally, among White River Junction area adults, health access indicators have not changed significantly since 2011. See Appendix A for results over time.



Health Access Indicators

There are no statistically significant differences by gender in any health care access measure, among White River Junction area adults.

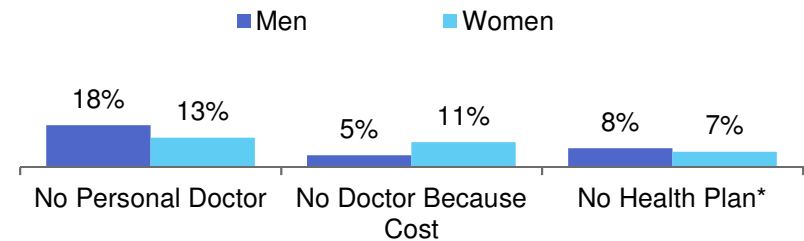
Poor health care access decreases with increasing age.

- White River Junction adults 18-44 are significantly more likely to not have a personal doctor compared to older adults.
- Adults 65 and older are statistically less likely to delay care due to cost compared to younger age groups.
- There are no statistically significant differences in not having a health plan by age.

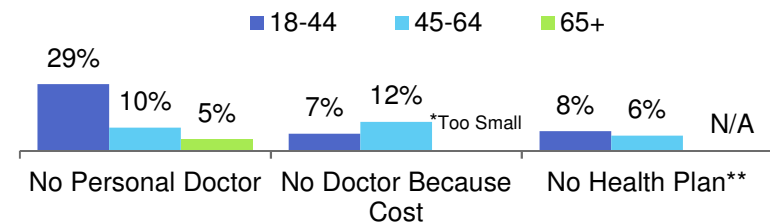
Adults in the White River Junction area with the highest annual household incomes are less likely to report poor healthcare access.

- Adults in homes making at least \$50,000 a year are significantly less likely to delay healthcare due to cost compared to adults with less income.
- There are no significant differences in adults having a personal doctor or not having a health plan by annual household income.

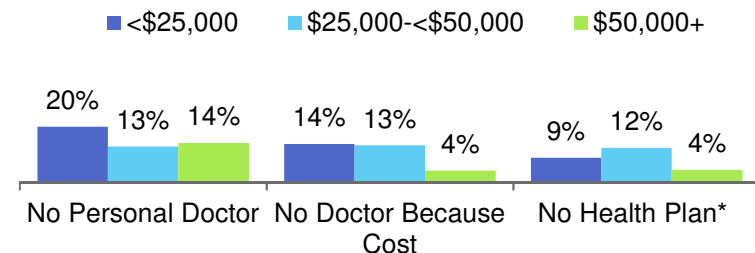
Health Access Indicators by Gender
White River Junction Adults



Health Access Indicators by Age



Health Access Indicators by Income Level



^{*}Sample size is too small to report

^{**}Limited to adults 18-64.

Disability

About one in four Vermont adults reported having a disability in 2014, significantly higher than the 20% reported among adults in the White River Junction area.

- Disability was defined as having activity limitations due to physical, emotional or mental problems OR any health problem that requires use of special equipment.

There are no significant differences in disability by gender, among White River Junction adults.

Reported disability among White River Junction area adults increases with increasing age.

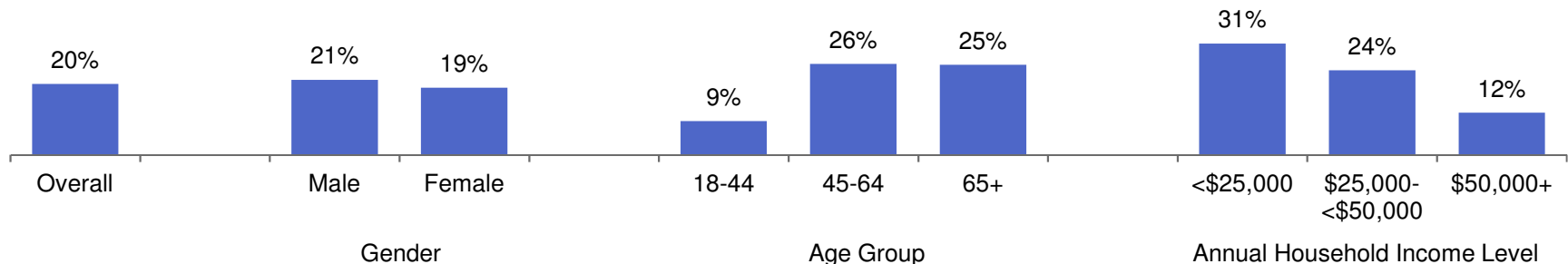
- Adults 18-44 are significantly less likely to be disabled compared with those in older age groups.

White River Junction area adults with higher annual household incomes are less likely to be disabled.

- Adults in households that earn \$50,000 or more annually are significantly less likely than those in homes with less income to report being disabled.

Disability among White River Junction area adults has not changed significantly since 2011. See Appendix A for results over time.

**Disability, Overall and by Sub-groups
White River Junction Adults**



Chronic Conditions

Three in ten (29%) White River Junction area adults reported having arthritis. About one in four are obese (26%) or have ever been diagnosed with a depressive disorder (23%).

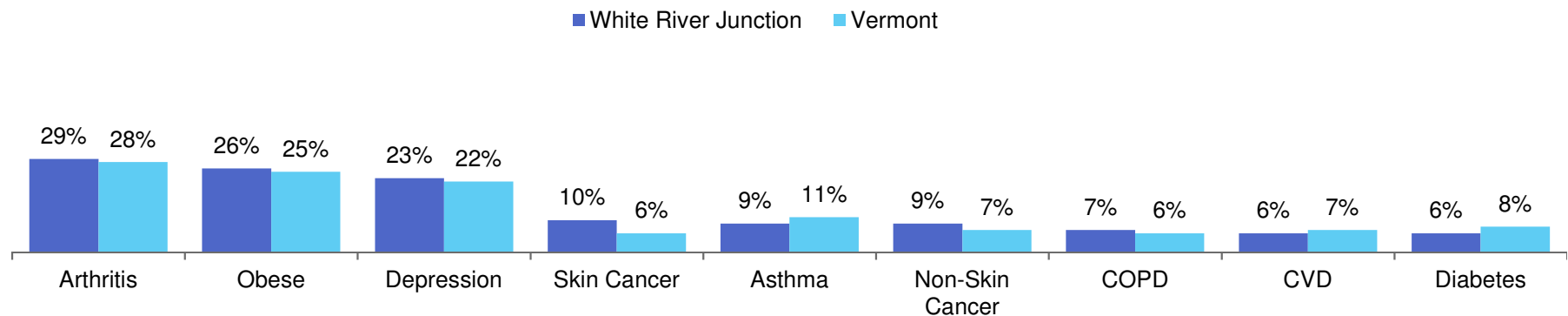
One in ten or less reported being diagnosed with each of the following chronic conditions: skin cancer, asthma, non-skin cancer, Chronic obstructive pulmonary disease (COPD), cardiovascular disease (CVD), and diabetes.

- Adults in White River Junction have a significantly higher prevalence of skin cancer than Vermont adults (10% vs. 6%)

Other than skin cancer, the prevalence of other chronic conditions is similar among White River Junction area adults and Vermont adults overall.

Additionally, the prevalence of the following chronic conditions have not changed significantly since 2011. See Appendix A for trend results.

Prevalence of Selected Chronic Conditions



CVD = cardiovascular disease

Obesity data is limited to adults 20 and older and is age-adjusted to the U.S. 2000 population.

Chronic Conditions

Among White River Junction area adults, there are no significant differences in the prevalence of arthritis, depression, obesity or asthma by gender.

Arthritis prevalence among White River Junction adults increases with increasing age.

- All differences by age are statistically significant.

Conversely, depressive disorders are more likely to be reported among younger adults.

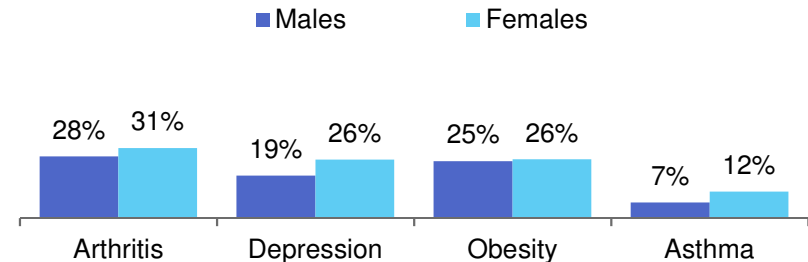
- Adults 65 and older are significantly less likely to have a depressive disorder than those 45 to 64.

Rates of obesity and asthma among White River Junction area adults do not differ significantly by age.

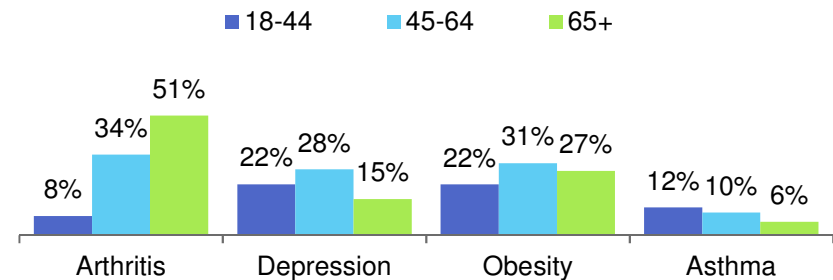
The prevalence of arthritis, depression, obesity, and asthma decrease with increasing household income.

- Adults in homes making \$50,000 or more annually, are significantly less likely to have arthritis or depression compared with those in homes making less than \$25,000.
- There are no differences in obesity or asthma prevalence by annual household income level.

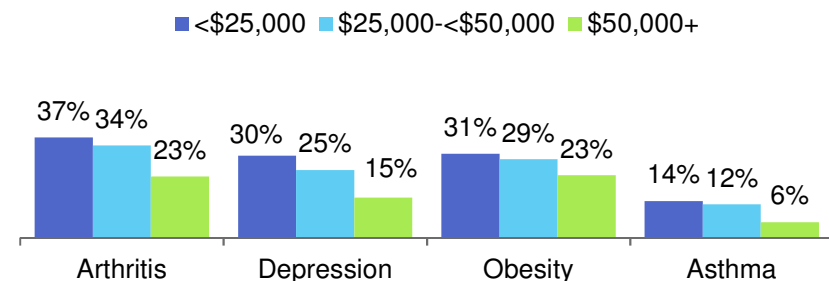
**Chronic Conditions by Gender
White River Junction Adults**



Chronic Conditions by Age



Chronic Conditions by Income Level



Note: Obesity data are for adults 20 and older and, except that by age, are age adjusted to U.S. 2000 standard population.

Chronic Conditions

White River Junction area men are significantly more likely to report diabetes compared to area women (8% vs. 4%).

- There are no differences in rates of cardiovascular disease or COPD by gender.

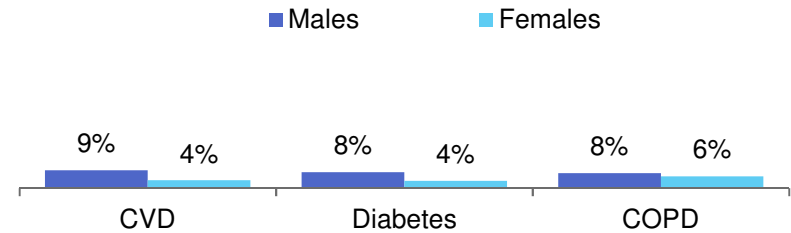
As age increases, the prevalence of CVD, diabetes, and COPD increases as well.

- Adults 65 and older are significantly more likely to have cardiovascular disease than younger adults.
- There are no statistical differences in rates of diabetes and COPD by age.

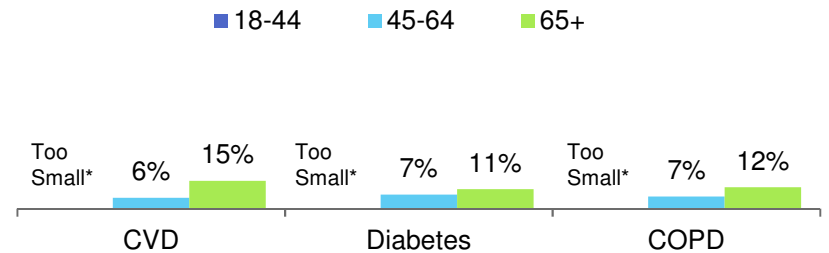
White River Junction area adults living in homes with less income are more likely to report cardiovascular disease, diabetes, or COPD compared to homes that earn more income.

- Area adults in homes earning less than \$25,000 per year are significantly more likely to report having COPD and diabetes than those earning at least \$50,000 annually.
- There are no differences in the prevalence of CVD among White River Junction adults by household income.

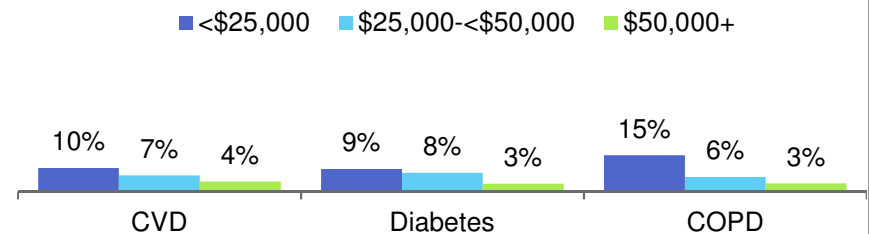
**Chronic Conditions by Gender
White River Junction Adults**



Chronic Conditions by Age



Chronic Conditions by Income Level



*Sample size is too small to report

Chronic Conditions

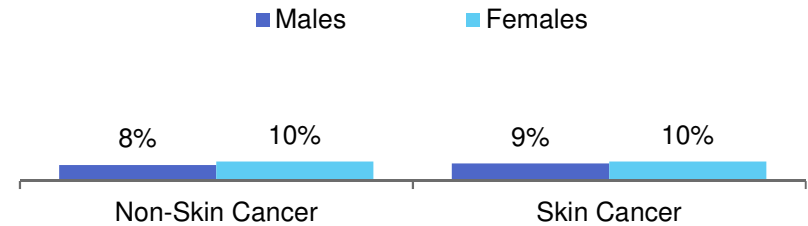
There are no differences by gender in the prevalence of non-skin cancer or skin cancer, among White River Junction adults.

The prevalence of both skin cancer and non-skin cancers among White River Junction area adults increases with increasing age.

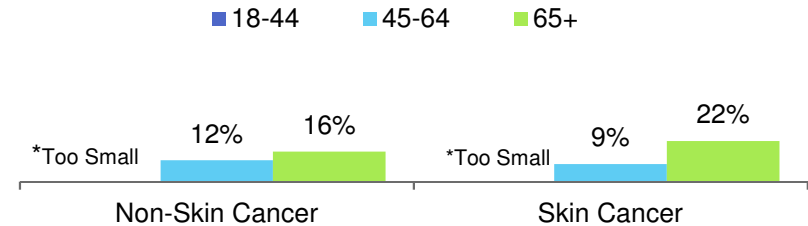
- All differences by age in the prevalence of skin cancer are statistically significant.

White River Junction adults report similar rates of non-skin cancer and skin cancer by annual household income level.

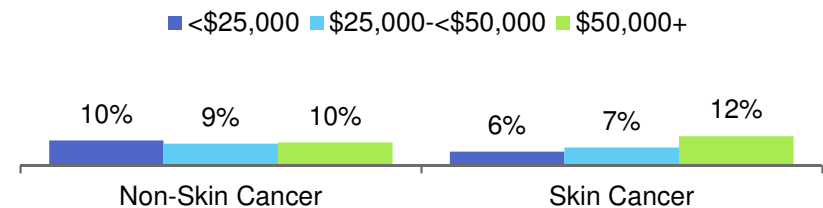
**Chronic Conditions by Gender
White River Junction Adults**



Chronic Conditions by Age



Chronic Conditions by Income Level



*Sample size is too small to report

Risk Behaviors

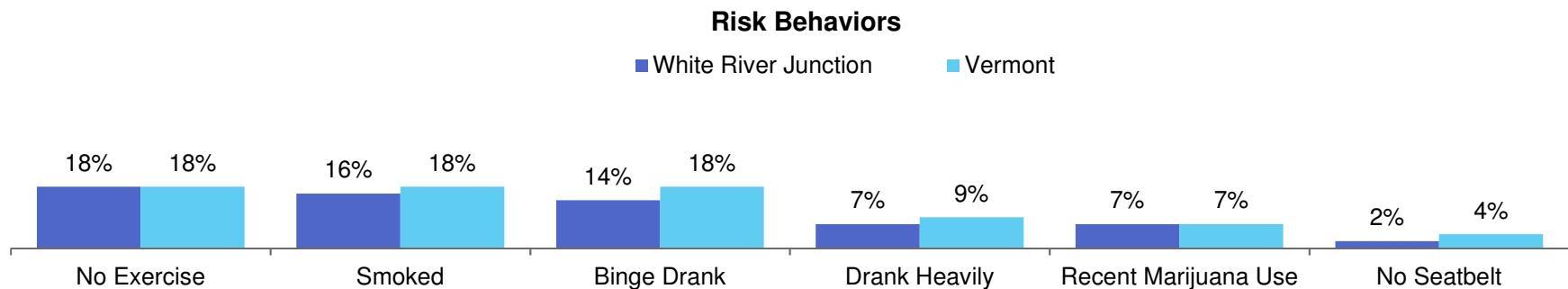
In 2013-2014, slightly less than one in five (18%) White River Junction area adults said they do not participate in leisure time physical activity during the previous month, while one in six (16%) currently smoke. Of smokers, 63% tried to quit smoking at least once during the previous year. This is similar to the 59% reported among Vermont smokers.

About one in seven (14%) said they binge drank in the past month, while 7% heavily drank.

- Binge drinking was defined as five or more drinks in one sitting for men and four or more drinks for women.
- Heavy drinking was defined as more than two drinks per day for men and more than one for women.

Seven percent said they used marijuana recently, fewer, two percent, said they wear their seatbelt seldom to never.

White River Junction area and Vermont adults reported similar rates for all risk factor measures. Additionally, risk behavior prevalence has not changed significantly for any measure since 2011. See Appendix A for results over time.



Note: Smoking and exercise data are age adjusted to the U.S. 2000 standard population

Risk Behaviors

There are no significant differences in rates of current smoking and not participating in leisure time physical activity by gender, among White River Junction area adults.

Smoking prevalence decreases with increasing age.

- Adults 65 and older are significantly less likely to smoke and to not exercise compared to younger adults.

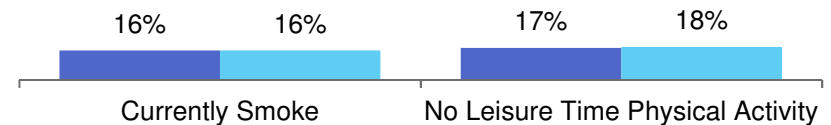
There are no differences in not participating in physical activity by age.

Rates of smoking and not exercising decrease as annual household income increases.

- Adults in homes making \$50,000 or more per year are significantly less likely to smoke than those in homes with less income.
- Similarly, adults in homes with an income of \$50,000 or more annually are also statistically less likely to not participate in physical activity than those in homes with the lowest incomes.

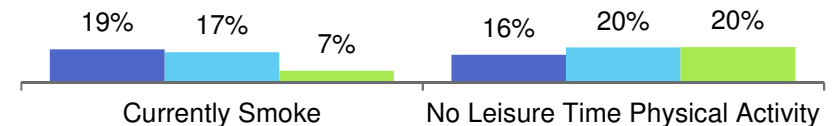
Risk Behaviors by Gender
White River Junction Adults

■ Males ■ Females



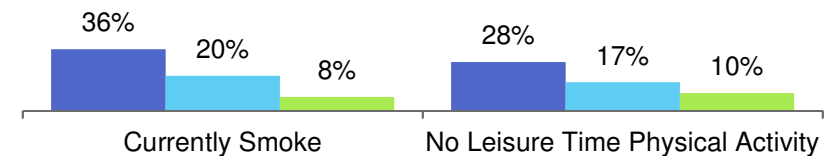
Risk Behaviors by Age

■ 18-44 ■ 45-64 ■ 65+



Risk Behaviors by Income Level

■ <\$25,000 ■ \$25,000-<\$50,000 ■ \$50,000+



Note: Smoking and physical activity data, except that by age, are age-adjusted to the U.S. 2000 population.

Risk Behaviors

There are no significant differences in the prevalence of binge drinking, heavy drinking, or recent marijuana use by gender among White River Junction area adults.

Rates of binge drinking, heavy drinking, and recent marijuana use decrease with increasing age.

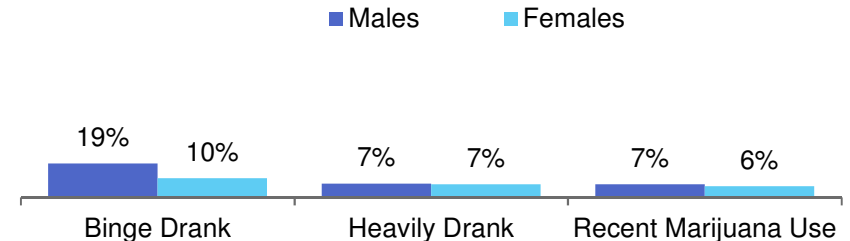
- Adults 18-44 are significantly more likely to binge drink, compared to older adults.
- Heavy drinking and recent marijuana use do not vary significantly by age.

As annual household income increases, marijuana use decreases.

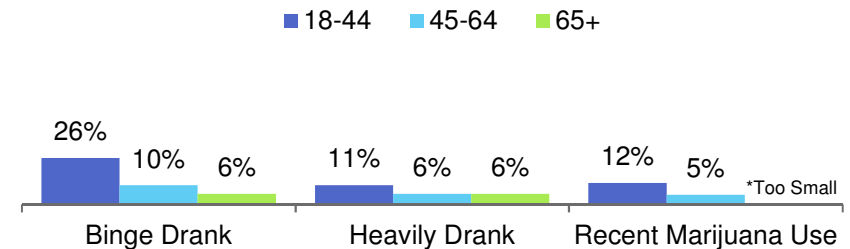
- Area adults in homes earning less than \$25,000 annually are significantly more likely to use marijuana than those in homes making at least \$50,000 annually.

There are no differences in binge drinking or heavy drinking by annual household income, among White River Junction area adults.

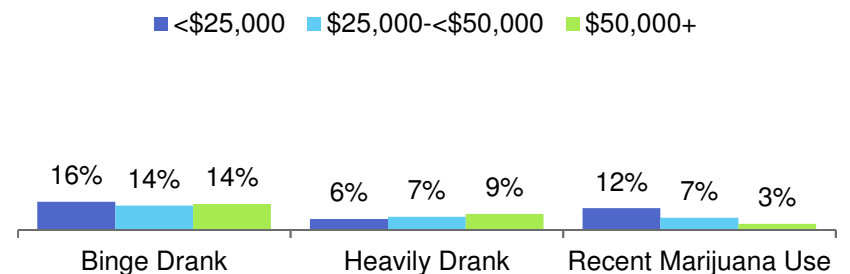
Risk Behaviors by Gender
White River Junction Adults



Risk Behaviors by Age



Risk Behaviors by Income Level



*Sample size is too small to report

Risk Behaviors

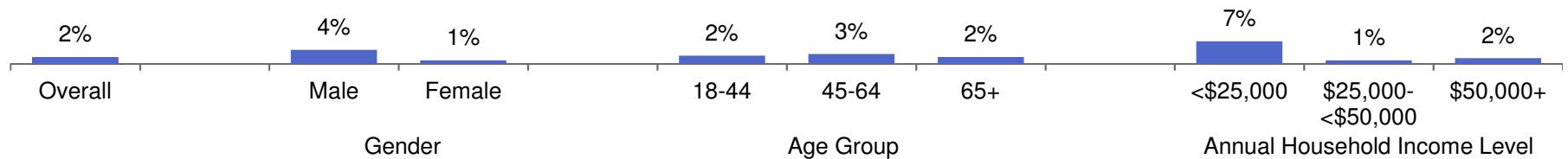
Overall, two percent of adults in the White River Junction area said they seldom or never wear a seatbelt when riding or driving in a car. This is similar to the four percent of Vermont adults who reported the same.

White River Junction area men reported never or seldom wearing seatbelts at significantly higher rates to women (4% vs. 1%)

Adult non-use of seatbelts in the White River Junction area does not differ by age.

White River Junction area adults in homes earning less than \$25,000 annually are significantly more likely to seldom or never wear a seatbelt, as compared to households with more income.

**Seldom or Never Wear Seatbelt, Overall and by Sub-groups
White River Junction Adults**

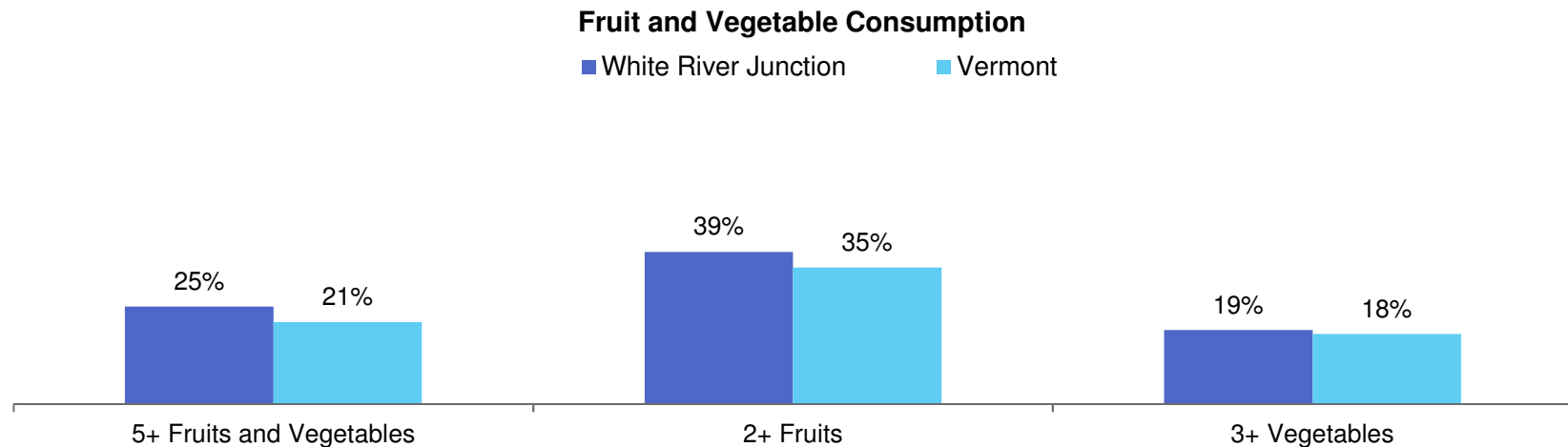


Preventive Behaviors

A quarter of White River Junction area adults reported eating five or more fruits and vegetables per day. Approximately four in ten (39%) ate two or more fruits and 19% reported eating three or more vegetables.

White River Junction area adult consumption of fruits and vegetables is similar to that of Vermont adults overall.

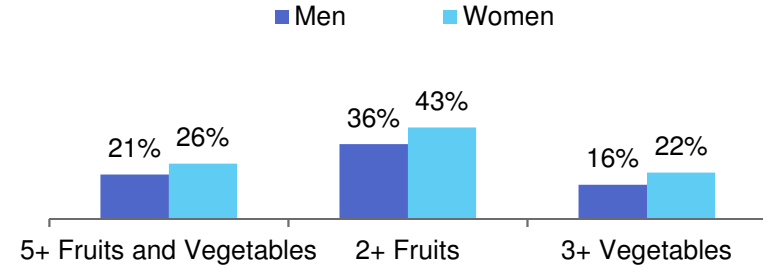
Fruit and vegetable consumption was asked only in 2011 and 2013. District Office level analyses require the combination of two years of data. As a result, changes over time could not be completed for this report.



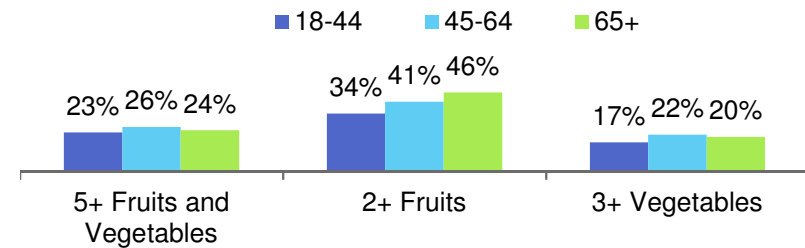
Preventive Behaviors

There are no statistical differences in the consumption of fruits and vegetables by gender, age, or annual household income level, among White River Junction area adults.

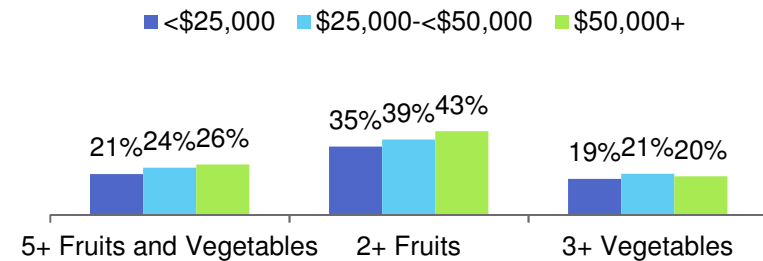
Preventive Behaviors by Gender
White River Junction Adults



Preventive Behaviors by Age



Preventive Behaviors by Income Level



Note: fruit and vegetable data, except that by age, are age adjusted to the U.S. 2000 standard population.

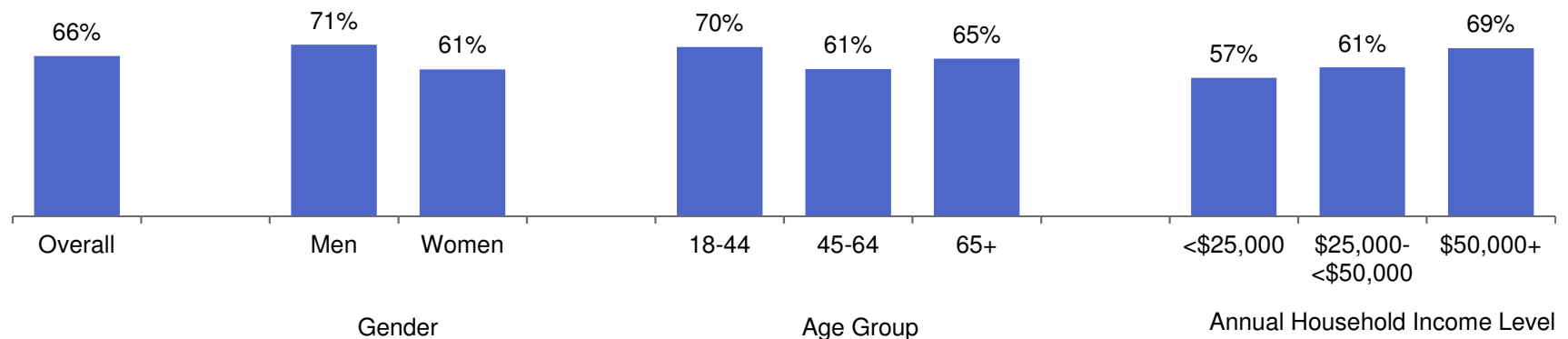
Preventive Behaviors

In 2011-2013, two thirds of White River Junction adults reported meeting physical activity recommendations*. This is significantly higher than the 59% reported among Vermont adults.

There are no statistically significant differences in physical activity by gender, age, or annual household income level, among White River Junction area adults.

Information on recommended physical activity was only asked in 2011-2013. District Office level analyses require the combination of two years of data. As a result, changes over time could not be completed for this report.

**Met Physical Activity Recommendations, Overall and by Sub-groups
White River Junction Adults**



*For adults, the CDC currently recommends they participate in 150 minutes of moderate physical activity or 75 minutes of vigorous activity per week. Strength building activities are recommended at least two times per week. For more information see:

www.cdc.gov/physicalactivity/everyone/guidelines/index.html

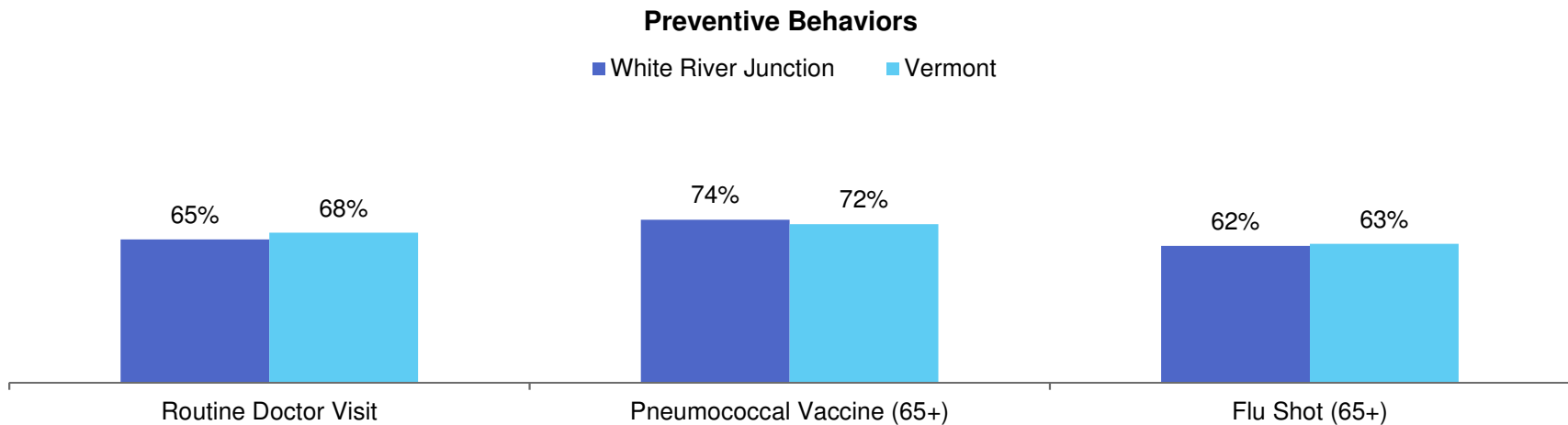
Preventive Behaviors

About two-thirds (65%) of adults in the White River Junction area said they saw their doctor for a routine visit in the previous year. This is similar to the 68% reported among all Vermont adults.

White River Junction area adults ages 65 and older also said they had received vaccinations at similar rates to Vermont adults overall.

- Seventy-four percent of White River Junction adults 65 and older had gotten a pneumococcal vaccine and 62% had gotten a flu shot in the last year, compared with 72% and 63% of Vermont adults, respectively.

Routine doctor visits and receipt of vaccinations among White River Junction area adults have not changed since 2011. See Appendix A for results over time.



Preventive Behaviors

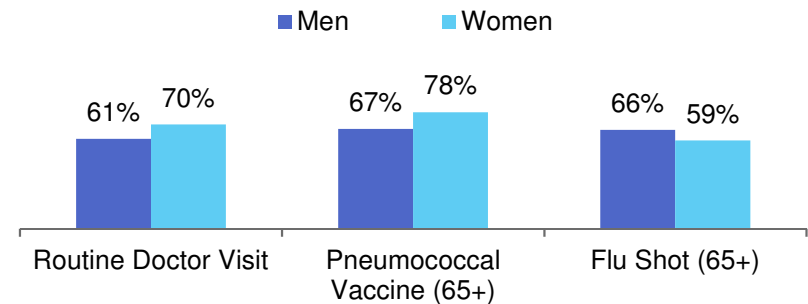
There are no statistically significant differences in routine visits to the doctor or receipt of the pneumococcal vaccine or a flu shot by gender among White River Junction adults.

Routine visits to the doctor in the last year increase with age.

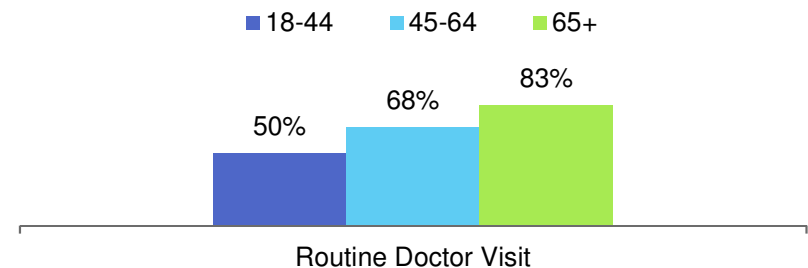
- All differences in routine doctor visits by age are statistically significant.

White River Junction area adults report similar rates by annual household income in routine doctor visits and receipt of vaccinations.

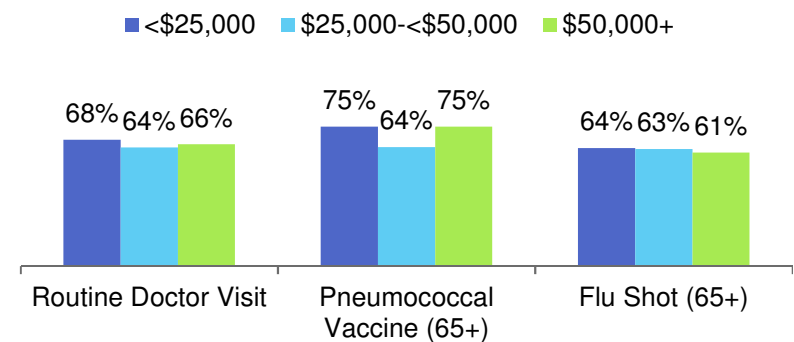
**Preventive Behaviors by Gender
White River Junction Adults**



Preventive Behaviors by Age



Preventive Behaviors by Income Level

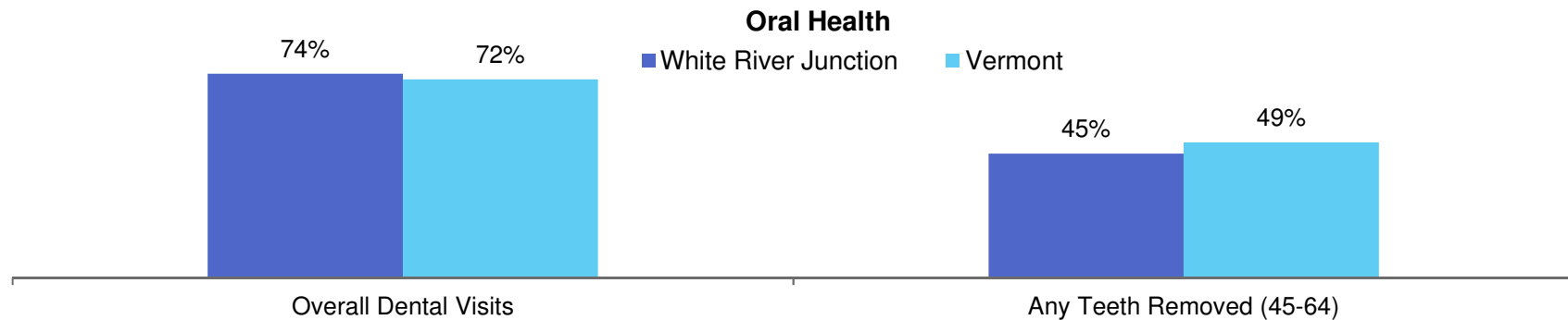


Oral Health

Three quarters (74%) of White River Junction adults saw their dentist in the last year. This is similar to the 72% reported among all Vermont adults.

Less than half (45%) of White River Junction area adults, ages 45-64, said they've had at least one tooth removed. This is also similar to what is reported by Vermont adults of the same age (49%).

Oral health questions were only asked in 2012 and 2014. District Office level analyses require the combination of two years of data. As a result, changes over time could not be completed for this report.



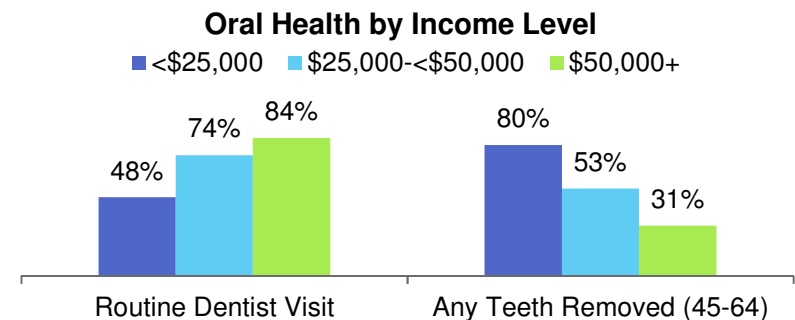
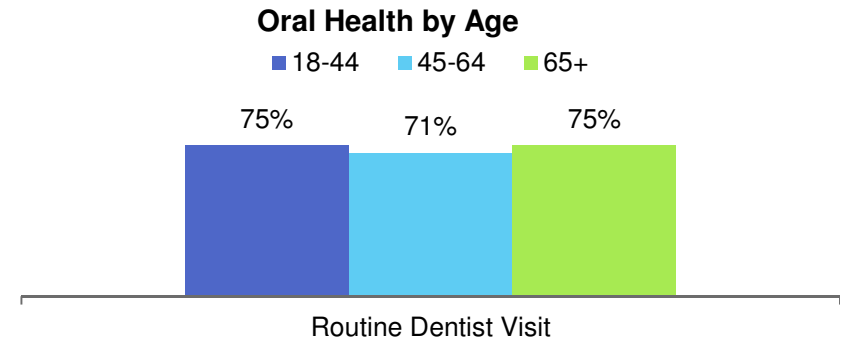
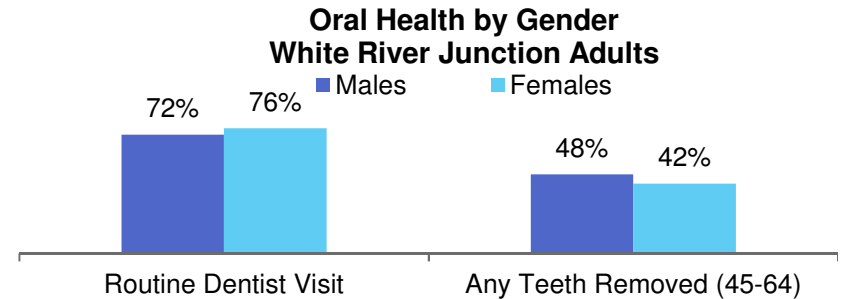
Oral Health

Among White River Junction adults, there are no differences by gender in routine dental visits and having one or more teeth removed/extracted.

Routine dental visits also do not vary significantly by age.

Adults living in homes with more income are more likely to routinely see their dentist and less likely to have had teeth removed.

- Those in homes making at least \$25,000 annually are significantly more likely to routinely visit the dentist compared to those with less income.
- All differences by annual household income level, for ever having one or more teeth removed are statistically significant.



HIV Screening

In 2013-2014, three in ten of White River Junction area adults had ever been tested for HIV, which is the same proportion reported among Vermont adults overall.

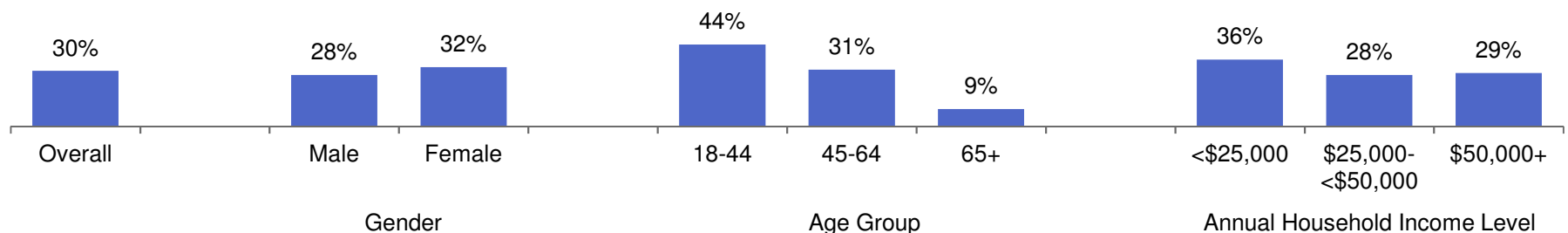
Ever having an HIV test decreases with increasing age. In other words, as adults age they are less likely to have had an HIV test.

- Area adults 65 and older are significantly less likely to have ever been tested for HIV compared to younger age groups.

There are no differences, among White River Junction adults, in HIV testing by gender and annual household income level.

HIV testing among White River Junction adults has not change significantly since 2011. See Appendix A for results over time.

**Ever Had HIV Test, Overall and by Sub-Groups
White River Junction Adults**



Cancer Screening

In 2012-2014, about eight in ten (79%) women ages 50-74 in the White River Junction area report meeting breast cancer screening recommendations. This is the same proportion reported among all Vermont women in this age group.

- The breast cancer screening recommendation is a mammogram every two years.

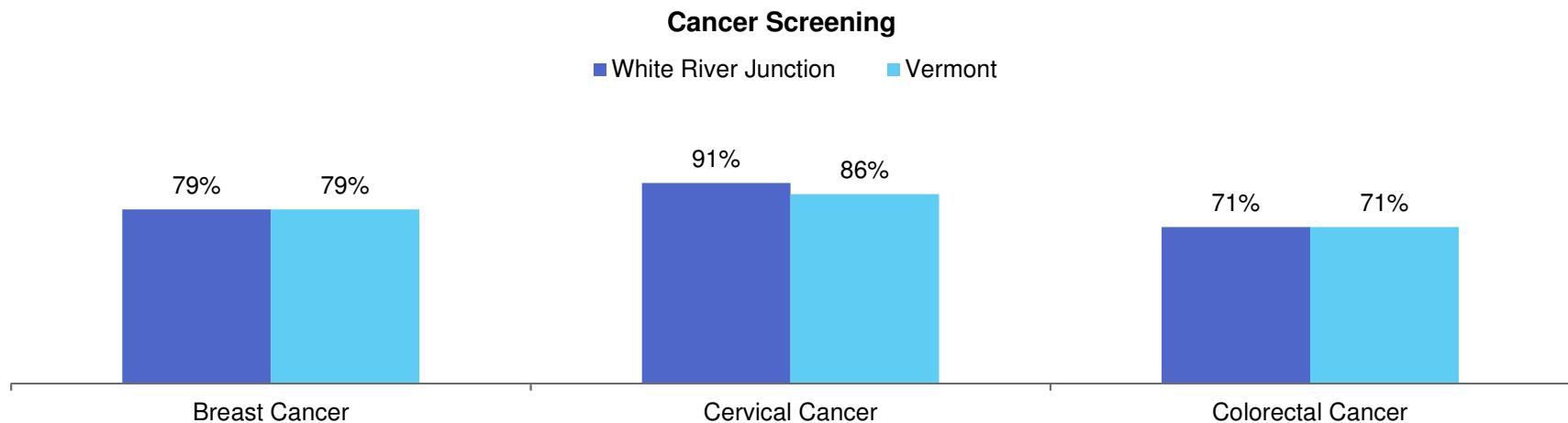
Ninety-one percent of women 21-65 and older who live in the White River Junction area met cervical cancer screening recommendations, statistically similar to the 86% among Vermont women of the same age.

- Cervical cancer screening recommendations are for a PAP test every three years, and excludes women who have had a hysterectomy.

Among adults 50 to 75 living in the White River Junction area, roughly three-quarters (71%) met colorectal cancer screening recommendations, the same rate reported by all Vermonters of the same age.

- Recommendations for screening for colorectal cancer are: a fecal occult blood test (FOBT) annually OR sigmoidoscopy ever five years and FOBT every three years OR colonoscopy ever ten years.

Cancer Screening questions were only asked in 2012 and 2014. District Office level analyses require the combination of two years of data. As a result, changes over time could not be completed for this report.



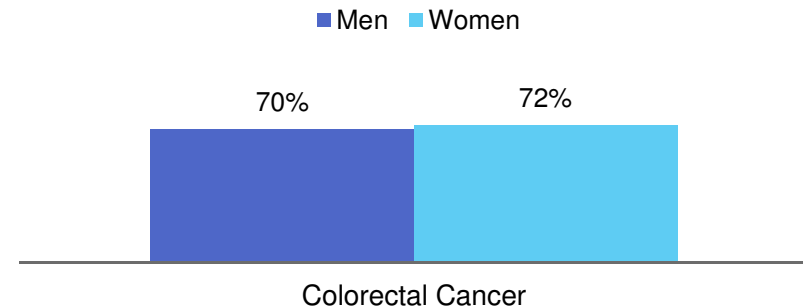
Cancer Screening

Among White River Junction area adults, there are no significant differences in gender between receiving recommended colorectal cancer screenings.

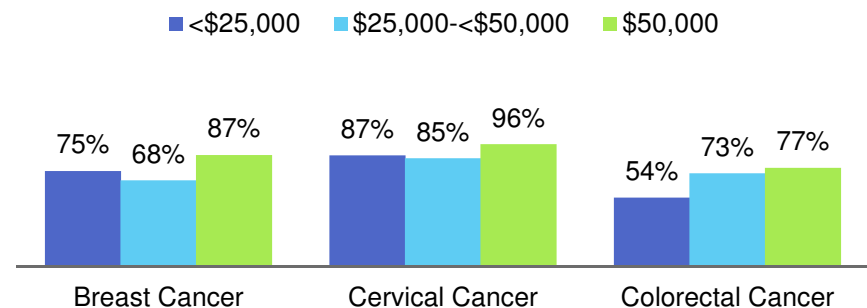
White River Junction area adults in homes with more income are more likely to meet cancer screening recommendations.

- Women ages 50-74 in households making \$50,000 or more are significantly more likely to meet breast cancer screening recommendations than those with an income of \$25,000-\$49,999 annually.
- White River Junction adults 50-75 years of age with a household income of at least \$50,000 per year are significantly more likely to meet recommendations for screening for colorectal cancer than those in homes with the lowest incomes.
- There are no differences in cervical cancer screening among women 21-65 in the White River Junction area.

**Cancer Screening By Gender
White River Junction Adults**



Cancer Screening by Income Level



Appendix A: White River Junction District Office Trend Results (2011-2014)

Health Status Indicators	2011-2012	2012-2013	2013-2014	Significant Change Since 2011
Fair or Poor General Health	12%	11%	10%	No
Poor Physical Health	10%	9%	8%	No
Poor Mental Health	10%	9%	9%	No
Disabled	23%	17%	20%	Yes
Health Access Indicators	2011-2012	2012-2013	2013-2014	Significant Change Since 2011
No Personal Doctor	11%	14%	15%	No
No Doctor Because of Cost	8%	8%	8%	No
No Health Plan (ages 18-64)	12%	9%	7%	No
Chronic Conditions	2011-2012	2012-2013	2013-2014	Significant Change Since 2011
Arthritis	29%	28%	29%	No
Depression	24%	23%	23%	No
Obesity	26%	25%	25%	No
Asthma	9%	9%	9%	No
Diabetes	7%	7%	6%	No
Non-Skin Cancer	7%	8%	9%	No
Cardiovascular Disease (CVD)	8%	6%	6%	No
Skin Cancer	8%	10%	10%	No
Chronic Obstructive Pulmonary Disease (COPD)	4%	5%	7%	No

Appendix A: White River Junction District Office Trend Results (2011-2014)

Risk Behaviors	2011-2012	2012-2013	2013-2014	Significant Change Since 2011
Smoking	18%	17%	16%	No
Binge Drinking	17%	14%	14%	No
No Exercise	18%	17%	18%	No
Recent Marijuana Use	9%	7%	N/A	No
Heavy Drinking	6%	6%	7%	No
Seldom or Never use Seatbelt	3%	3%	2%	No
Preventative Behaviors	2011-2012	2012-2013	2013-2014	Significant Change Since 2011
Routine Doctor Visit, in Last year	70%	68%	65%	No
Pneumococcal Vaccine, Ever, Ages 65+	69%	68%	74%	No
Flu Shot in the Last Year, Ages 65+	71%	66%	62%	No
Ever Tested for HIV	32%	30%	30%	No

Additional Information

Contact the BRFSS Coordinator for additional information or for BRFSS data

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Additional sub-state level data can be found on the Vermont Department of Health website

<http://healthvermont.gov/hv2020/index.aspx>

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Towns in the White River Junction Health District are: Bradford, Chelsea, Corinth, Fairlee, Randolph, Strafford, Thetford, Tunbridge, Vershire, West Fairlee, Barnard, Bethel, Bridgewater, Hartford, Hartland, Norwich, Pomfret, Rochester, Royalton, Sharon, Stockbridge, and Woodstock.